

Blue Ribbon Cobbler

Publix Aprons Simple Meals

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Servings: 8

nonstick cooking spray

1 stick (four ounce) unsalted butter

juice and zest of one lemon

3 cups fresh (or frozen) plums

1 cup + 2 tablespoons sugar, divided

1 tablespoon self-rising flour

1 teaspoon apple pie spice

1 1/2 cups self-rising flour

3/4 cup milk (or apple juice)

Preparation Time: 25 minutes

Preheat the oven to 425 degrees.

Coat a nine-inch-square baking dish with cooking spray.

Cut the butter into small pieces to soften. Zest or grate the lemon peel (no white: one teaspoon); squeeze for the juice (one tablespoon) Cut the fruit into bite-size pieces.

In a large bowl, combine 1/2 cup of sugar, one tablespoon of flour, 1/2 teaspoon of apple pie spice and the lemon zest until well blended. Stir in the fruit and lemon juice. Transfer to the baking dish.

In a second large bowl, combine 1-1/2 cups of flour, 1/2 cup of sugar and the remaining 1/2 teaspoon of apple pie spice. Add the butter. Using two forks, mix well until crumbs form. Stir in the milk (or juice) until well blended. Spoon the dough over the fruit. Sprinkle the remaining two tablespoons of sugar over the top of the dough.

Bake for 30 to 35 minutes or until the top is golden and the edges are bubbly.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 202 Calories; 12g Fat (50.0% calories from fat); trace Protein; 26g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 14mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	202	Vitamin B6 (mg):	trace
% Calories from Fat:	50.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	49.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	12g	Folacin (mcg):	1mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	31mg	% Refuse:	0.0%
Carbohydrate (g):	26g		
Dietary Fiber (g):	trace		
Protein (g):	trace		
Sodium (mg):	14mg		
Potassium (mg):	5mg		
Calcium (mg):	7mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	433IU		
Vitamin A (r.e.):	107RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 202 **Calories from Fat:** 101

% Daily Values*

Total Fat 12g	18%
Saturated Fat 7g	36%
Cholesterol 31mg	10%
Sodium 14mg	1%
Total Carbohydrates 26g	9%
Dietary Fiber trace	0%
Protein trace	
Vitamin A	9%
Vitamin C	0%
Calcium	1%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.